



Solano Family & Children's Services, Child and Adult Care Food Program

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Nutrition Nuggets

Tips for Family Style Dining

Family style dining encourages learning and development not only at the table but away from mealtime as well. Children learn independence, social skills, and other important habits that will last them through adulthood. There are many benefits to serving your meals family style and it is not hard to implement. It may be as easy as putting the minimum serving of food required in serving dishes, placing it on the table and allowing children to serve themselves. Children tend to eat more healthy foods if they see their friends try it. They learn skills such as taking turns, sharing and teamwork. Family style dining opens up opportunities for conversation, which increases vocabulary, promotes proper use of language and interaction with friends. There are even more benefits that support healthy growth.

Children learn:

- Portion sizes for each food group
- Recognizing when they are hungry or satisfied
- How to identify healthy foods and where they come from
- Improving their fine motor skills

Children are not the only ones who benefit. Providers get a better grasp of food costs, get help with mealtime service and, with less food being wasted, they save money.

Tips for providers:

- Start with the equipment. When purchasing serving dishes, utensils and other place settings, keep in mind that they need to be kid friendly and sized for little hands to maneuver.
- Remember each child's skill level when choosing your menu. Finger foods and foods that are easy to navigate with a child size fork or spoon are easiest to self serve for younger children.
- Offer a variety of foods and don't forget to introduce new foods. Children are more willing to try something new when they serve themselves.
- Give each child a task to help set the table. One child can set the plates, one can place the cups and so on. Children have a sense of pride and belonging when they have a contributing role.
- Have multiple sets of utensils and serving spoons in case someone drops one on the floor.
- Reserve extra servings for second helpings or in case the bowl of food gets contaminated.
- Eat with your children. Children learn from good role models. Sitting with them while everyone eats also allows you to start positive mealtime conversations.
- Provide a trash can for children in which to dispose napkins and uneaten food. Provide a tub for them to place dirty dishes after they scrape them off.
- Keep cleaning supplies nearby Spills will happen. Be patient and use this opportunity as a teaching moment on how

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Barn Owl English Muffin

4 whole wheat English muffins
1 peach, cut in 16 slices
2 cups blueberries

1/2 cup low fat cream cheese
4 bananas, sliced
2 strawberries, quartered in wedges

Open the English muffins so you have 8 slices. Spread 1 tbsp of cream cheese onto each slice. Place 1 slice of English muffin on each plate, along with 1/2 a banana, 2 slices of peach, 1/4 cup of blueberries and a strawberry wedge. Allow children to have fun making their own owl with the fruit before eating it!



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New Tiering Rates

Summary of Changes for Child and Adult Care Food Program Rates effective from July 1, 2022, through June 30, 2023

Note: These rates include the 12-month temporary funding of an additional 10 cents per meal and snack provided by the Keep Kids Fed Act of 2022 (KKFA). It also authorizes Tier II family day care homes to be reimbursed at Tier I rates for the same time period (July 1, 2022—June 30, 2023).

- Breakfast increased by 16 cents for Tier 1, with an additional 10 cents from KKFA, for a total increase of 26 cents. Total rate: \$1.66 per breakfast. Tier II is the same rate as Tier 1 due to the area eligibility waiver included in the KKFA.
- Lunch/Supper increased by 31 cents for Tier 1, with an additional 10 cents from KKFA, for a total increase of 41 cents. Total rate: \$3.04 per lunch/supper. Tier II is the same rate as Tier 1 due to the area eligibility waiver included in the KKFA.
- Snack increased by 9 cents for Tier 1, with an additional 10 cents from KKFA, for a total increase of 19 cents. Total rate: \$.97 cents. Tier II is the same rate as Tier 1 due to the area eligibility waiver included in the KKFA.
- The state of California also gives each provider an additional \$.09728 cents for each breakfast and lunch as part of the Prop 98 funding.

Reminder

The CACFP's annual training for 2021-2022 is accessible on our Agency's website. All providers should have received a Constant Contact email with links to access the annual training as well as the annual training signature page. A reminder was also sent through the KidKare messaging system. The annual training must be completed, and the signature page must be turned in to the Food Program no later than September 30, 2022.
